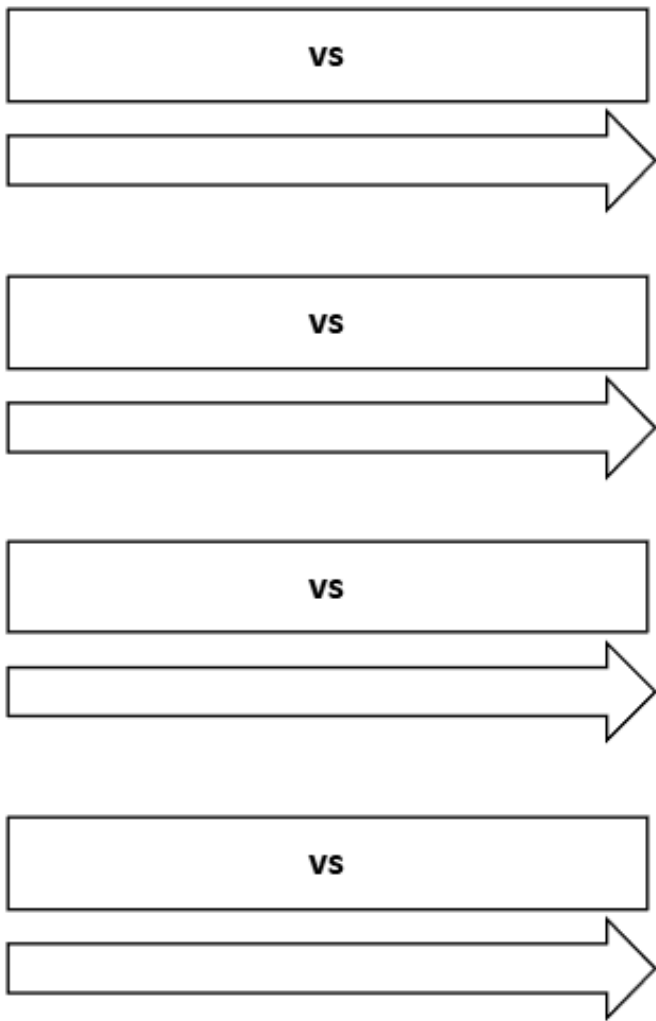


The 5 Steps to “Releasing” Emotions

Identify			
Dispute			
Detach			
Forgive			
Release			

The PATH to adjusting our emotions!

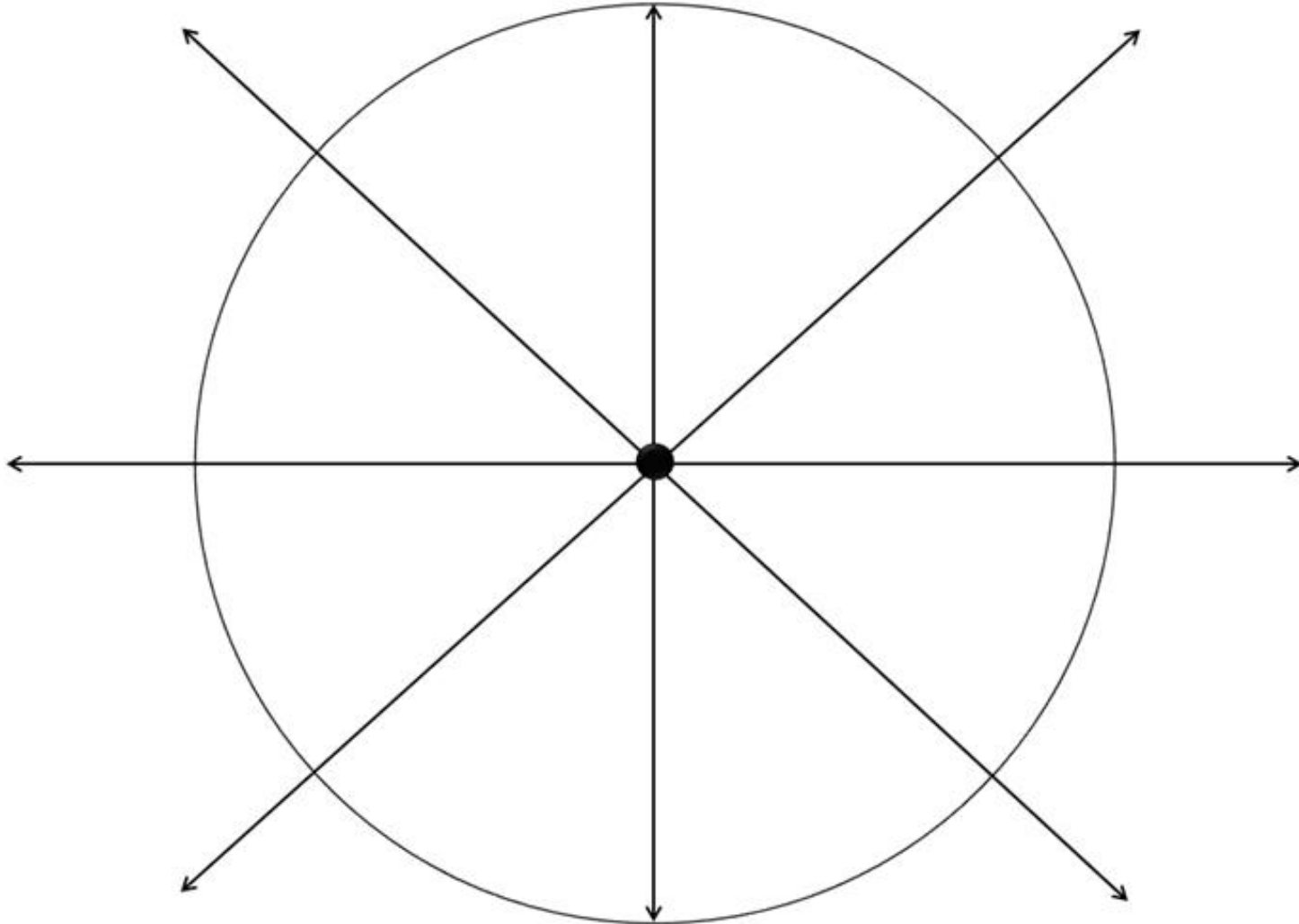
Joy		X	1 2 3 4	=		
Interest		X	1 2 3 4	=		
Surprise		X	1 2 3 4	=		
Sadness		X	1 2 3 4	=		
Shame		X	1 2 3 4	=		
Fear		X	1 2 3 4	=		
Anger		X	1 2 3 4	=		
Contempt		X	1 2 3 4	=		



Joy		X	1 2 3 4	=		
Interest		X	1 2 3 4	=		
Surprise		X	1 2 3 4	=		
Sadness		X	1 2 3 4	=		
Shame		X	1 2 3 4	=		
Fear		X	1 2 3 4	=		
Anger		X	1 2 3 4	=		
Contempt		X	1 2 3 4	=		



What Am I Missing?



Detaching from Our Emotions

Recognize
(Awareness)

Humility

#

Wisdom

#

Confidence

#

Agency

#

Reset
(Readiness)

Faith

#

Influence

#

Capacity

#

Desire

#

Respond
(Action)

Curious

#

Manage

#

Appreciate

#

Choice

#



Understand the Emotions



My Emotion	
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Why Am I Holding On?

Someone Needs to "Pay"	Social/Cultural Expectations
I Want To Honor Their Memory	I'm Afraid of the Unknown
My Pain Protects Me	The Attention Feels Special

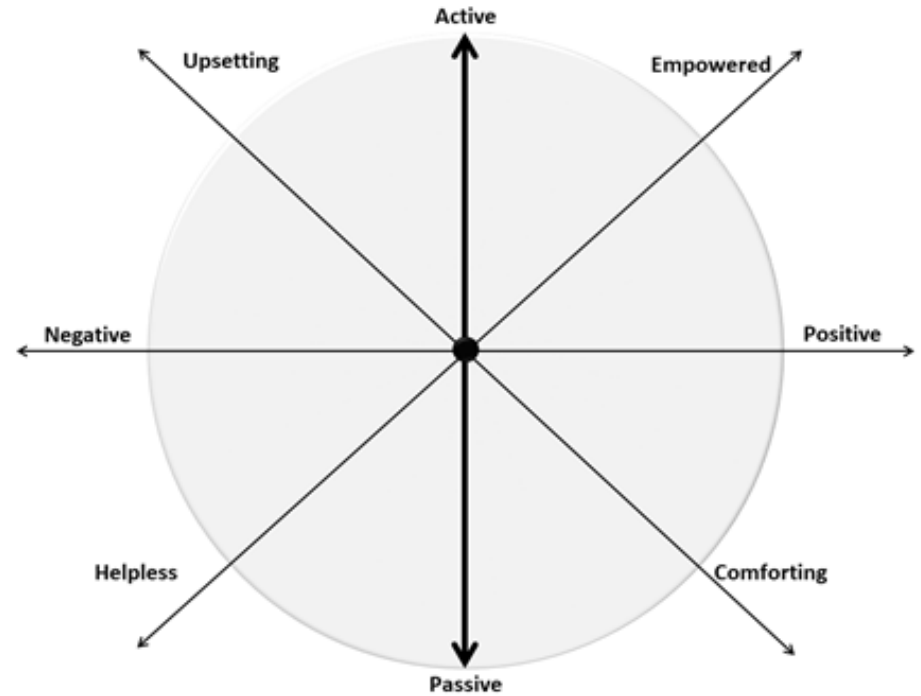
Helping Me Or Hurting Me	What's the Real Reason?	Could I Choose Different?
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Detach

Recognize	Reset	Respond
Humility	Faith	Curious
Wisdom	Influence	Manage
Confidence	Capacity	Appreciate
Agency	Desire	Choice

Who Do I Need to Forgive?

The Wrongdoer	Family Friends Professionals
The Universe	Myself



Seek Positivity	
Seek Activity	
Seek Comfort	
Seek Empowerment	
My Release Ritual	